

## HEP - Hepatitis A,B,C

### HEP-AP ANATOMY AND PHYSIOLOGY

**OUTCOME:** The patient/family/caregiver will understand the basic function of the liver and its relationship to hepatitis.

**STANDARDS:**

1. Briefly identify and explain the function of the liver.
2. Discuss the liver's role in detoxifying and cleansing the body.
3. Explain the word "hepatitis" means inflammation of the liver.
4. Explain that common viral infections that affect the liver include Hepatitis A, Hepatitis B, and Hepatitis C.

### HEP-C COMPLICATIONS

**OUTCOME:** The patient/family/caregiver will understand the long term consequences of viral infections with HAV, HBV, and HCV. The patient will learn how to protect the liver from further harm.

**STANDARDS:**

1. Explain that most persons who get HCV carry the virus the rest of their lives and most of these have some liver damage. Some may develop cirrhosis (scarring) of the liver or liver failure.
2. Discuss ways to care for the liver:
  - a. Avoid alcoholic beverages
  - b. Inform your provider of all the medications, even over the counter and herbals medication
  - c. Have regular doctor visits
  - d. Get vaccinated against Hepatitis A and B
3. Explain that the most common symptom with long term hepatitis C is extreme tiredness.

### HEP-CM CASE MANAGEMENT

**OUTCOME:** The patient/family/caregiver will understand the importance of integrated case management in achieving optimal physical and behavioral health.

**STANDARDS:**

1. Discuss the roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

**HEP-CUL     CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Explain that the outcome of hepatitis A, B, and C may be influenced by choices related to lifestyles.
2. Discuss the potential role of cultural/spiritual traditions, practices, and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions or contraindications with the prescribed treatment.

**HEP-DPA     DISEASE PROCESS HEPATITIS A**

**OUTCOME:** The patient/family or caregiver will understand that hep A is an inflammation of the liver caused by hepatitis A virus (HAV).

**STANDARDS:**

1. Explain that the symptoms of HAV infection will usually last for about 3 weeks.
2. Discuss that the patient's symptoms may include fever, nausea, vomiting, jaundice, diarrhea, fatigue, abdominal pain, dark urine, and appetite loss.
3. Emphasize that other symptoms such as respiratory symptoms, rash, and joint pain may also develop.
4. Explain to the patient/family that in the early stages of infection the virus is easily transmitted to others by contact with body fluids and excrements (usually fecal/oral route).
5. Explain that in children the disease is usually mild and may even be asymptomatic.

## **HEP-DPB     DISEASE PROCESS HEPATITIS B**

**OUTCOME:** The patient/family/caregiver will understand that hepatitis B is an inflammation of the liver caused by infection with Hepatitis B virus (HBV).

### **STANDARDS:**

1. Review the transmission modes, known risk groups, and child exposure.
2. Discuss the symptoms of acute HBV: nausea, vomiting, jaundice, rash, abdominal pain, malaise, fever may be absent or mild.
3. Discuss that following acute infection with HBV one may become a carrier, resolve the disease, or develop chronic Hepatitis B.
4. Discuss the symptoms of chronic HBV: including malaise, anorexia, weight loss, fatigue, cirrhosis, and predisposition to liver cancer.
5. Explain that HBV is a blood born pathogen and is spread by contact with contaminated blood or other body fluids. The most common ways to get it are through unprotected sex, sharing needles, sharing personal items, or by perinatal transmission.

## **HEP-DPC     DISEASE PROCESS HEPATITIS C**

**OUTCOME:** The patient, family or caregiver will understand that hepatitis C is a liver disease caused by infection with Hepatitis C virus (HCV) which is found in the blood of persons with the disease. Formerly called non-A, non-B is the most common chronic blood borne viral infection.

### **STANDARDS:**

1. Explain that Hepatitis C is an infection transmitted primarily by blood. Explain that 85% of persons infected with HCV cannot clear the infection and the virus continues to multiply in the body. As a result, chronic infection occurs and may be contagious.
2. Discuss the primary risk factors associated with HCV, e.g., sharing needles when injecting drugs and exposure to blood in the healthcare setting. Sexual transmission may occur but is low. Blood transfusion associated cases are now rare.
3. Discuss the signs and symptoms of HCV: jaundice, fatigue, abdominal pain, loss of appetite, and bouts of nausea and vomiting. (1 in 10 people will have symptoms when initially infected).
4. Differentiate between acute and chronic infection. Note that it could be years before person with chronic infection may experience symptoms serious enough to prompt seeking medical care. Consequences may appear 10–20 years after infection.
5. Discuss that chronic HCV may result in cirrhosis and/or liver cancer.

## **HEP-FU FOLLOW-UP**

**OUTCOME:** The patient and/or family will understand the importance of follow-up in the treatment of hepatitis.

### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **HEP-HPDP HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient will understand the lifestyle changes necessary to promote and sustain healthy living.

### **STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.
3. Discuss wellness as an individual responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Practice new knowledge.
  - d. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

## **HEP-L LITERATURE**

**OUTCOME:** The patient/family or caregiver will receive literature about hepatitis, vaccine information, or preventive measures.

**STANDARDS:**

1. Provide patient/family with literature on hepatitis, vaccine information, and/or preventive/protective measures.
2. Discuss the content of the literature.

**HEP-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand the lifestyle adaptations necessary for healing and performance of daily living activities.

**STANDARDS:**

1. Review lifestyle areas that may require adaptations such as:
  - a. Having sexual activity
  - b. Traveling
  - c. Avoiding alcohol use and illegal drug use
  - d. Avoiding the intake of foods that may be at high risk for transmission of Hepatitis A

**HEP-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the medications to manage hepatitis.

**STANDARDS:**

1. Review the proper use, benefits, and common side effects of the prescribed medication.
2. Emphasize the importance of adhering to medication regimen.
3. Emphasize the importance of possible drug interactions with foods, drugs, herbals, oral nutritional supplements, over the counter medications, as appropriate.

**HEP-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.

- d. Evaluation of the patient's nutritional care outcomes.
- e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **HEP-N      NUTRITION**

**OUTCOME:** The patient/family will understand the importance of a nutritionally balanced diet in the treatment of the disease. They will be able to identify foods and a meal plan that will promote the healing process if applicable.

### **STANDARDS:**

1. Discuss current nutritional habits and needs. Address anorexia and weight loss as appropriate.
2. Emphasize the necessary component, water, in a healthy diet.
3. Review the patient's prescribed diet if applicable.
4. Refer to registered dietitian or other local resources as indicated.

## **HEP-P      PREVENTION**

**OUTCOME:** The patient/family/caregiver will understand the modes of transmission, ways to prevent acquiring the virus.

### **STANDARDS:**

1. The best way to prevent exposure to virus is by careful hand washing. Review standard precautions for use by child care workers, healthcare workers, corrections officers, and food service workers. Explain that hepatitis A is generally spread by fecal - oral route therefore, careful hand washing is paramount.
2. Discuss immunization against Hepatitis A and B as methods of prevention and that there is no vaccine for prevention of hepatitis C; the use of immunoglobulin may be used against Hep A and B for post exposure prophylaxis.
3. Explain that hepatitis B and C are spread by blood contact. Standard precautions are paramount. Do not share personal items such as toothbrushes, razors, or needles.
4. Hepatitis B can be spread by sexual transmission. Adequate protective barriers are important.
5. Persons with hepatitis should not donate plasma, blood, sperm, or organs because this may spread the virus to others.

## **HEP-TE      TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

## **HEP-TX      TREATMENT**

**OUTCOME:** The patient/family or caregiver will understand treatment for Hepatitis A, B, or C.

### **STANDARDS:**

1. Explain that some antiviral medications may be helpful in the treatment of hepatitis.
2. Discuss current treatment options.
3. Discuss the importance of protecting the liver from further harm by not drinking alcohol, getting vaccinated against hepatitis A and B.
4. Advise against starting any new prescription or OTC medication, herbal products, and oral nutritional supplements without first discussing hepatitis status with the provider.
5. Emphasize the importance of rest and proper nutrition in recovery from hepatitis.